

## Stepwise Approach to Reintroduction of Foods in Patients with EoE Treated with Six-Food Elimination Diet (SFED)

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- If remission\* achieved after eliminating six foods (cow's milk, wheat, egg, soy, peanuts/tree nuts and all seafood) then **soy** reintroduced in the diet. Upper endoscopy (EGD) repeated in 6 weeks.
- If histological remission on esophageal biopsies: soy is kept in the diet and **egg** reintroduced. However if histological relapse\*\* then soy eliminated and egg reintroduced followed by repeat EGD with esophageal biopsies in 6 weeks.
- Histological remission on esophageal biopsies after egg then in addition to egg **wheat** added to the diet. However if relapse with egg then egg replaced with wheat and EGD with esophageal biopsies in 6 weeks.
- If histological remission after challenge with wheat then **cow's milk** added to diet. However if relapse after wheat then wheat replaced with cow's milk.
- Histological remission after cow's milk challenge is followed by reintroduction of **peanut/tree nuts** to the diet. In case of relapse cow's milk is replaced with peanut/tree nuts followed by EGD with esophageal biopsies in 6 weeks.
- If histological remission is maintained after introduction of peanut/tree nuts then **seafood** is added to the diet. In case of relapse peanut/tree nuts are replaced with seafood and EGD with esophageal biopsies repeated in 6 weeks.
- At the end of this reintroduction process patient has demonstrated relapse with one or more foods and this/these foods alone are excluded from the diet.
- One year later the patient is re-challenged with the excluded food(s) to assess if tolerance to the food has developed. If not, then the process is repeated yearly with the identified foods.

\* Remission = esophageal eosinophil count  $\leq 15$ /hpf

\*\* Relapse = esophageal eosinophil count  $> 15$ /hpf